**FARMER WELL-BEING**

2022 Survey Data Results: By District

![Map of Georgia with Districts]

**Demographics**
- Male: 73%
- Age: 43
- First Generation: 63%
- Household Income: $45,000 – $59,999
- Married: 85%
- Number of Kids: 1.51 ± .83
- High School: 18%
- Some College/Vocational: 60%
- College: 17%
- Number of Farms: 2.04 ± 1.42
- Size of Farms: 101-200 acres

**Mental Health Professional Help**
- Yes - regularly for at least a month: 23%
- No - don’t want to: 41%
- Yes - once or twice: 31%
- No - would like to: 5%

**Stress & Emotions**

- Moderate Stress Perceived Stress Scale: 18.11
- Low: 0-13
- Moderate: 14-26
- High: 27+

**Top 5 Stressors:**
- Changes in ag law and policies: 62%
- Alcohol use: 62%
- COVID-19 effect on income: 62%
- Weather and its effects: 61%
- Unexpected financial burdens: 57%
- Non farmer neighbors: 54%

**Top 5 Coping Mechanisms:**
- Exercise or go for a walk: 43%
- Talk to family or friends: 32%
- Engage in a hobby: 31%
- Drink alcohol: 27%
- Sleep: 23%

**Top 5 Resources Farmers Don’t Have Access To:**
- 97% - Other resources
- 82% - Telephone access to a psychiatrist
- 73% - Online access to a psychiatrist
- 69% - Telephone access to routine medical care
- 69% - In-office visit to a psychiatrist

**Need to Talk?**
- FarmStateofMind.com
- 988 Suicide & Crisis Lifeline

**To read more on the Farmer’s Mental Well-Being Project:**
- [Link to Georgia Agricultural Wellbeing Alliance]
- [Link to Rural Innovation Health Center]
- [Link to Georgia Foundation for Agriculture]